

# YOU NEED TO KNOW!

## THINK BEFORE YOU DRINK

Soft Drink Consumption is on the Rise!

Soft Drinks like Sodas, Fruit Punch, & Sweet Tea are Replacing Milk & Other Nutritious Beverages!

### Too Many Sweet Drinks:

- ▶ May lead to excess weight gain in kids & families which...
- ▶ May lead to an early onset of diabetes...
- ▶ May mean less calcium intake, causing weakened bones & tooth decay

